Directory of Nutrition Services for The Regional Municipality of Hamilton-Wentworth

NUTRITION SERVICES
DEPARTMENT OF HEALTH SERVICES
THE REGIONAL MUNICIPALITY OF HAMILTON-WENTWORTH

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INTRODUCTION

THE PURPOSE OF THIS DIRECTORY IS TWO-FOLD:

. TO CLARIFY THE MAIN SOURCES OF NUTRITION INFORMATION IN THE HAMILTON-WENTWORTH REGION

. TO FACILITATE THE EFFICIENT USE OF NUTRITION SERVICES/RESOURCES BY PROFESSIONALS AND CONSUMERS IN THE COMMUNITY

THIS DIRECTORY OF NUTRITION SERVICES FOR THE REGIONAL MUNICIPALITY OF HAMILTON-WENTWORTH WAS COMPILED BY GLORIA CAPONE, AN APPLIED HUMAN NUTRITION GRADUATE FROM THE UNIVERSITY OF GUELPH. THE CO-OPERATION OF THE AGENCIES LISTED WITHIN IS GRATEFULLY ACKNOWLEDGED.

COPIES OF THIS DIRECTORY ARE AVAILABLE FROM:

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DEPARTMENT OF HEALTH SERVICES
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DIRECTORY OF NUTRITION SERVICES FOR THE REGIONAL MUNICIPALITY OF HAMILTON-WENTWORTH

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I MUNICIPAL - The Regional Municipality of Hamilton-Wentworth

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
DEPARTMENT OF HEALTH SERVICES Nutrition Services	The overall goal of Nutrition Services is to assess the nutritional needs of the community, and to co-ordinate, plan, implement and evaluate nutrition education programs directed towards health promotion and disease prevention of mass populations.	N/A	The Public Health Nutritionists provide support and consultation on a wide variety of nutrition topics to Health Unit staff and other health and education professionals as well as consumers. Some direct nutrition services are provided to the community through responding to nutrition information requests via telephone, letter, interview, nutrition education workshops, group presentations and mass media.	Helen Hale Tomasik M.Sc., R.P.Dt. Director of Nutrition Services Anne Kennedy, M.H.Sc. Public Health Nutritionist Nutrition Services Dept. of Health Services The Regional Municipality of Hamilton-Wentworth P.O. Box 897 Hamilton, Ontario L8N 3P6 528-1441

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
DEPARTMENT OF HEALTH SERVICES Nursing Services	The nursing services are provided by nursing teams consisting of public health nurses, registered nurses, registered nursing assistants and clerks.	All services except prenatal and early pregnancy classes are free of charge.	Programmes and services are designed to meet individual, family and group needs in a variety of settings: schools, clinics, homes, physician attachments and hospital liaison services. Nutrition services include: general nutrition counselling, follow-up counselling on therapeutic diet prescriptions in the home, nutrition education in schools and for consumer groups.	Public Health Nursing Supervisor Nursing Services Dept. of Health Services The Regional Municipality of Hamilton-Wentworth 74 Hughson Street South Hamilton, Ontario L8N 2A8 Main Office ... 528-1441 East End Office... 528-1441 Dundas Office ... 628-6325 Mountain Office... 389-2203 Stoney Ck. Office. 664-4232 ... 664-4234 ... 561-1961

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
DEPARTMENT OF SOCIAL SERVICES Support Services Division Homebased Services	A unit under The Homemakers and Nurses Services Act within the Support Services Division of the Social Services Department whose aim is to provide supportive service for individuals and families in improving homemaking and home management skills, budgeting related to daily expenses, nutrition and meal planning, child care and management, and helping in finding and using community resources.	N/A	Instruction in proper nutrition, menu planning and cooking, and related shopping and budgeting is provided on a one-to-one or group basis.	Jane Soldera Supervisor Support Services Division Homebased Services The Regional Municipality of Hamilton-Wentworth 119 King Street West P.O. Box 910 Hamilton, Ontario L8N 3V9 526-4133

- The Corporation of the City of Hamilton

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HAMILTON BOARD OF EDUCATION Supervisor of Family Studies	Works with teachers to incorporate nutrition content into Family Studies courses. Acts as resource co-ordinator for nutrition topic requests at all grade levels. Resource person for primary and junior grade curriculum development.	N/A	Nutrition Resources for teachers from Junior Kindergarten to senior high school grades.	Judi Binns First Floor Education Centre 100 Main Street West Hamilton, Ontario L8N 3L1 527-5092 Ext. 319

II PROVINCIAL - Ministries of the Government of Ontario

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO MINISTRY OF AGRICULTURE AND FOOD Rural Organizations & Services Branch	Provides information and leadership programs to individuals and rural organizations on efficient use of all available resources: equipment, money, skills, time and energy. Distributes many pamphlets on food preparation, canning, freezing and jams and jellies, upon request.	N/A There may be a minimum fee charged to cover costs of courses offered to the individual user.	Education programs in food and nutrition are conducted by the R.O.S. in co-operation with local groups and are open to everyone in the community. Consumer inquiries are answered regarding food preparation, preservation and general nutrition. Pamphlets on canning, freezing, jams and jellies, etc. are available upon request.	Nancy Jacky Rural Organization Specialist (Home Economics) Ontario Ministry of Agriculture and Food Highway #53 R.R. #1 Ancaster, Ontario L9G 3K9 527-2995

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO MINISTRY OF COMMUNITY AND SOCIAL SERVICES	Act as consultants to the Ministry and Regional/Area offices by: - Providing food service consultations to Ministry operated and funded institutions, eg. Homes for the Aged, Day Nurseries, Children's and Charitable Institutions - Reviewing food service facility design and equipment for above institutions - Reviewing and developing special diet allowances which may be paid under both provincial and municipal social assistance programs - Planning and participating in training and development programs for Ministry staff and food service personnel - Developing and reviewing operational standards and guidelines for Ministry programs.	No cost.	Consultant services provided mainly to Ministry programs.	Home Economics Consultants Ministry of Community and Social Services 2nd Floor, 700 Bay Street Toronto, Ontario M5G 1Z6 (416) 965-1818 (416) 965-0176

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO MINISTRY OF CORRECTIONAL SERVICES Institutional Programme Support Services Institutional Programme Division	Provides executive assistance to the Director of Institutional Programme Support Services and acts for him as assigned. Acts as the Ministry Consultant in the areas of Nutrition and Food Services by: - Establishing standards for Institutional Food Services Programme - Tendering and contracting for catered food services - Devising and distributing to institutions, training course material for inmate training program - Participating in food service staff development programs - Receiving, analyzing and summarizing monthly regional food service statistical and cost reports.	N/A	Services available only to Ministry employees or Ministry catering contract staff or as assigned by the Director of Institutional Programme Support Services.	Executive Assistant Institutional Programme Support Services Institutional Programme Division Ontario Ministry of Correctional Services 2001 Eglinton Avenue East Scarborough, Ontario M1L 4P1 (416) 750-3546

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO MINISTRY OF EDUCATION Education Officers	Participates in development of Ministry guidelines to be used by teachers to develop programs for schools: Family Studies, Physical Education and Health, and Primary/Junior guidelines refer to nutrition. Ensures Ministry policy is carried out. Assists curriculum committees of local boards by request, on limited basis.	N/A	Acts as backup resource for teachers on limited basis. Acts as a resource on nutrition education for Deputy and Minister of Education.	Education Officers Mowat Block Queen's Park Toronto, Ontario M7A 1L2 Elementary Education Branch 16th Floor 965-5982 Senior and Continuing Education Branch 17th Floor 965-2666 Special Education Branch 17th Floor 965-2663

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO MINISTRY OF HEALTH Dietetic Services Institutional Operations Branch Institutional Division	Consultant with hospitals, Ministry officials, other agencies and organizations on all institutional dietetic matters, including nutrition, administration and management programs and design. Research and advice on new systems and programs. Develop standards and guidelines relative to these functions.	N/A	Those identified, as requested, and as time permits.	Consultant Dietetic Services Institutional Operations Branch Institutional Division Ontario Ministry of Health 15 Overlea Boulevard 7th Floor Toronto, Ontario M4H 1A9 (416) 965-0928

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO MINISTRY OF HEALTH Institutional Operations Branch	Inspection of dietary services in Ontario Nursing Homes for compliance with Nursing Homes Act, 1972 and Regulations Documenting evidence of infractions. Providing consultative service to Inspectors and Nursing Home owners and staff on all phases of dietary services.	N/A	Inspections (team, complaint, identified) by referral. Consultation: - to the professional (Nursing Home Services staff and Legal Branch) .assistance in assessing dietary situations in individual Nursing Homes for legal action .in-service education program to update dietary knowledge - to the Nursing Homes (dietary staff, owners, administrators) .assistance in assessing dietary situations relating to individual Nursing Homes for compliance to regulations	Co-ordinator Nutritional Care Nursing Home Services Institutional Operations Branch Ontario Ministry of Health 3rd Floor 7 Overlea Boulevard Toronto, Ontario M4H 1A8 (416) 963-1038

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO MINISTRY OF HEALTH Public Health Resource Service Public Health Branch	Using an inter-disciplinary team approach and in close collaboration with the field, the Public Health Resource Service will identify and respond pro-actively to province-wide public health needs and will provide technically sound consultative support to the field and to Ministry management.	N/A	Identify province-wide public health nutrition needs and address needs in collaboration with health units and other health, education and social agencies. Provide nutrition information (technical, professional, and management); and consultative support to health units. Participate in the development of policies, standards, and guidelines for public health nutrition programs and services.	Nutrition Consultants Public Health Resource Service Public Health Branch Ontario Ministry of Health 5th Floor 15 Overlea Boulevard Toronto, Ontario M4H 1A9 (416) 963-2232

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
AGRICULTURE CANADA Food Advisory Division	Provides an advisory service to consumers through the mass communications media and to the food service industry, educators and other government departments both federal and provincial through newsletter and publications, on value for food dollar, selection purchasing, preparation, preservation, safety and nutrient value of foods, and on energy-conserving practices in the kitchen.	N/A	Inquiries are answered regarding the use of Canadian agricultural foods. Publications on Canadian food. Monthly radio tapes. Monthly press releases. Quarterly press releases for Seniors' Newspapers. Promotion of Canadian food at large fairs and at the retail level. Quarterly newsletter on current research to food professionals. Bi-monthly newsletter for food service industry. Educational resource material. Publications. Target audiences: middle to low income consumers, educators. Exhibits at professional and food service conferences.	Consumer Enquiries: Colette Joy Suzanne St-Jacques Hamelin Food Advisory Division Agriculture Canada Ottawa, Ontario K1A 0C5 (613) 995-5880 Ext. 226

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
CONSUMER AND CORPORATE AFFAIRS CANADA Consumer Products	This department implements consumer information programs to meet the needs of the community. Information is disseminated through workshops, seminars, presentations and publications to individual consumers, community organizations, educators, professional groups, media and business. The department also administers the Consumer Packaging and Labelling Act, Weights and Measures Act, and Food and Drugs Act (relating to food). Provides an inspection service to eliminate fraud or deception in the market place.	N/A	Workshops and seminars are provided on food labelling, best food values, consumer rights and responsibilities, product safety functions of the department, etc. Television, radio and press presentations are provided on a variety of department-related subjects as well as consumerism. Pamphlets, publications are available upon request. Answers consumer complaints and inquiries and departmental legislation, programs and policies.	Mr. Lou Hammond District Manager Consumer and Corporate Affairs 10 John Street South 6th Floor Hamilton, Ontario L8N 4A7 523-2879

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HEALTH AND WELFARE CANADA Bureau of Nutritional Sciences	Responds to requests for information and advice on the nutritional quality of foods, and regulation of the nutritional quality of foods in Canada. Provides: - Information on and interpretation of those portions of the Food and Drugs Act and Regulations concerning nutritional quality and composition of foods. - Analytical methodology for nutrients in foods. - Information on the nutrient content and composition of foods and on food consumption patterns. Information on nutritional requirements and nutritional status of Canadians.	N/A	Research papers on various aspects of food and nutrition with a target audience of research organizations and health professionals. Analytical methods for control of food constituents and nutrients with a target audience of nutritional analysts and the food industry. Committee reports on a variety of subjects related to the nutritional quality of foods with a target audience of food industries, provincial agencies and health professionals. Standards of nutritional requirements (eg. Dietary Standard for Canada) with a target audience of health professionals.	Director Bureau of Nutritional Sciences Health Protection Branch Health and Welfare Canada Tunney's Pasture Ottawa, Ontario K1A 0L2 (613) 593-6091

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HEALTH AND WELFARE CANADA Educational Services Health Protection Branch	A prime role of the Educational Services Section is to serve as a communications link between health professionals, educators, the public, and the Health Protection Branch. This includes providing information about current health protection laws and activities and obtaining views and concerns for guidance in program plans. Health Protection laws pertaining to food, drugs, cosmetics, radiation and medical devices advertised and sold in Canada are major subject areas (Food and Drugs Acts and Regulations).	N/A	For resource personnel (teachers, nutritionists, dietitians and other health professionals): - Talks and workshops. - Consultant services re: current food and drug topics and research. - Educational materials including "Dispatch" a quarterly bulletin. - Answers questions of a nutrition nature regarding details of the food laws. For consumers: radio and TV programs, educational materials and inquiries.	Karen Kennedy Consultant Educational Services Health Protection Branch Health and Welfare Canada 2301 Midland Avenue Scarborough, Ontario M1P 4T7 (416) 291-4231 Local Contact: Health Protection Branch Health and Welfare Canada 150 Main Street West Hamilton, Ontario L8P 1H8 523-2568

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HEALTH AND WELFARE CANADA Child and Family Health Programs Health Services & Promotion Branch	Development and implementation of national programs on infant feeding, particularly breastfeeding.	N/A	Services provided directly to the public include information on breastfeeding, infant and child care. Services provided to the professional include information resources on breastfeeding and infant care. Target audiences include nurses, (hospital, and public health), doctors, expectant and new parents.	Senior Program Officer Child and Family Health Programs Health Programs Division Health Promotion Directorate Health Services and Promotion Branch Health and Welfare Canada Ottawa, Ontario K1A 1B4 (613) 996-1125

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HEALTH AND WELFARE CANADA Nutrition Programs Unit Health Services and Promotion Branch	This department is concerned with promoting sound nutrition practises such as sensible eating patterns, balanced physical activity, nutrition recommendations for Canadians. They recommend strategies; analyze and document nutrition components of health promotion programs; give technical and professional advice on nutrition; plan, implement and evaluate projects that involve building professional and institutional support for nutrition programs; consult and maintain a network of contacts with professional groups, voluntary associations, academic institutions and health agencies.	N/A	Consultation on promotion of sound nutrition practices. Publications, posters, media, filmclips, resource guides, recommendations on a variety of nutrition promotion areas are available upon request.	Nutrition Programs Unit Health Promotion Directorate Health Services and Promotion Branch Health and Welfare Canada Jeanne Mance Building Tunney's Pasture Ottawa, Ontario K1A 1B4 (613) 995-9737 OR Regional Office Health Promotion Directorate Health Services and Promotion Branch Health and Welfare Canada 102 Bloor Street West Suite 410 Toronto, Ontario M4S 1M8 (416) 966-6483

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
HAMILTON HOME ECONOMICS ASSOCIATION (H.H.E.A.)	A professional association for home economists and other health and education professionals concerned with the well-being of the home and community, improving professional standards and training, striving for increased professional recognition and serving as a forum for common professional interests.	Annual Membership Fee: $15.00 The membership includes subscription to the monthly newsletter.	General meetings on various home economics issues are held monthly in order for members to meet and exchange information. Guest speakers are invited to present information related to home economics.	Suzanne Levy, President 92 Stanley Avenue Hamilton, Ontario L8P 3T3 (Home) 528-3096 (Bus.) 560-3333
HAMILTON-WENTWORTH NUTRITION COMMITTEE	An organization consisting of nutritionists, health and community professionals, and others who represent agencies that are interested in the nutritional well-being of their clients.	No cost.	The committee provides a forum for the sharing of ideas and resources, and enhances the co-ordination of nutrition services in the community. Serves as a recognized body to which the Hamilton-Wentworth District Health Council, agencies and organizations could refer for advice related to nutrition services. Plans Nutrition Month Campaign.	Diane Pirhonen, R.P.Dt. Chairperson c/o Hamilton-Wentworth Nutrition Committee P.O. Box 423, Station "A" Hamilton, Ontario L8N 3H8 521-2100

NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HUMAN NUTRITION RESEARCH COUNCIL OF ONTARIO	The Human Nutrition Research Council of Ontario is a non-profit organization with the objectives of improving the knowledge and practice of human nutrition by promotion and support of research and advanced training.	N/A	Grants for research in human nutrition and research fellowships are offered.	Dr. T.K. Murray Executive Director Human Nutrition Research Council of Ontario P.O. Box 38 Stittsville, Ontario K0A 3G0 (613) 836-1125
ONTARIO DIETETIC ASSOCIATION	The purpose of O.D.A. is to achieve the highest level of professional competence in the practice of dietetics and to advance the status of the dietetic profession.	N/A	O.D.A. provides services to professionals; . Up-to-date nutrition information is communicated to other professionals through liaison with other professional organizations. . O.D.A. Update provides vehicles of communication to its members and other agencies. . A resource bank of qualified nutritionists/dietitians is maintained for use by various organizations requiring specialists in nutrition topics.	Ontario Dietetic Association 234 Eglinton Avenue East Suite 402 Toronto, Ontario M4P 1K5 (416) 484-6818 . Chairperson Nutrition Committee (address above) Cont'd.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO DIETETIC ASSOCIATION, Cont'd.			. Responds to articles which provide information and misinformation to the public, in order to ensure accuracy of consumer-directed information.	
			. O.D.A. and its regional sections provide workshops and seminars in various parts of the province on current nutrition topics.	. Chairperson Continuing Education Committee (address above)
			O.D.A. Public Service Foundation provides sound nutrition information to the people of Ontario;	. President O.D.A.P.S.F. (address above)
			. Dial-A-Dietitian - Toronto (416) 923-6024 - Kingston (613) 546-4000	
			. Activities sponsored in an annual National Nutrition Month.	
			. Provides funding for nutrition education projects.	
			O.D.A. with O.H.A. has the following publications available:	

Cont'd.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO DIETETIC ASSOCIATION, Cont'd.			. The Nuts and Bolts of Nutrition - a book of reliable nutrition information directed toward current issues in nutrition. . Diet Manual (Revised 1982) . Standards of Care for Clinical Nutrition	. Ontario Hospital Association 150 Ferrand Drive Don Mills, Ontario M3C 1H6 (416) 429-2661
ORGANIZATION FOR NUTRITION EDUCATION	A national organization bringing together persons interested in nutrition education and wishing to share their ideas, resources and philosophies in order to enhance the quality of nutrition education and ultimately the nutritional health of Canadians.	Annual membership fee.	Provides a forum for discussion of nutrition education issues with an annual meeting and periodic newsletters. Enhances professional development of nutrition educators. Mobilizes resources in order to address important issues and concerns in nutrition education and policy development and to develop and promote Canadian nutrition education resources. Established O.N.E. Chapter in Ontario.	Organization for Nutrition Education P.O. Box 818 Guelph, Ontario N1H 6L8

Nutrition or related services are provided by a wide variety of community agencies. Some agencies provide special services such as, prenatal education services, childhood education services, services to senior citizens and home visiting services.

I GENERAL

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
CANADIAN CANCER SOCIETY	A registered charitable organization whose aims are to educate the public about cancer and its prevention; to provide services to cancer patients; to raise funds to support the aforementioned areas as well as cancer research.	N/A	Nutrition for Cancer Patients booklet as well as other publications and pamphlets are available for distribution. Special public meetings are held to educate the public on personal responsibilities in cancer prevention.	Susan Carter Patient Services Co-ordinator Canadian Cancer Society 210 Victoria Avenue North P.O. Box 678 Hamilton, Ontario L8N 3K7 527-4555

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
CANADIAN DIABETES ASSOCIATION (Hamilton District Branch)	A voluntary association whose aims are to educate diabetics and others to know more about diabetes and its control, and to provide funds for sending diabetic children to camp and for research.	Regular Membership: $10.00/year Pensioners: $ 5.00/year	Literature is available upon request. Nutrition publications include: . Adapted Guidelines for the Nutritional Management of DM: 1980 . The Diabetic Way of Eating . Example Eating Plans and Menus . Alcohol and Diabetes - Do They Mix? . Eating Out and At Home . Birthday Bonanza . Good Health Eating Guide (price list available upon request)	Pat Godfrey Secretary 20 Bromley Road Hamilton, Ontario L9A 2C8 385-3535

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
CANADIAN FOUNDATION FOR ILEITUS AND COLITUS Hamilton Branch	A national voluntary health organization whose aims are to educate the general public and sufferers of these diseases, and to raise funds for medical research.	No cost. Donations appreciated.	The Foundation conducts an extensive educational program with speakers, seminars, meetings for patients and their families, and the medical profession. Nutrition is part of this educational program to help the sufferer cope with the disease and function within society as a whole. Literature is distributed to doctors, hospitals and the general public upon request.	Bill Kocmarek Executive Member Mailing Address: Canadian Foundation for Ileitus and Colitus P.O. Box 4363 Station "D" Hamilton, Ontario L8V 4L8 544-4526
CATHOLIC SOCIAL SERVICES OF HAMILTON Home Economist	A voluntary family agency which provides individual family counselling, credit counselling, services for the mentally retarded, residential and counselling services for unwed mothers.	Fee for family counselling where there is ability to pay.	The Home Economist provides direct service including advice and training in all areas of home management through: 1. One-to-one counselling 2. Group counselling - topics include food budgeting, food shopping and menu planning	Home Economist Catholic Social Services of Hamilton 82 Stinson Street Hamilton, Ontario L8N 1S2 527-3823

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
FAMILY SERVICES OF HAMILTON-WENTWORTH Credit Counselling Home Economics Program	A voluntary community agency that provides an educational, remedial and preventive program for selected individuals, families and groups. The goal is to assist clients with the attainment of budgeting and food shopping skills, nutrition knowledge, other consumer skills and knowledge as needed.	N/A	Individual nutrition counselling. Speaking engagements - topics include home/money management, how to get the best value for your food dollar, general nutrition. Articles on menu planning and budgeting are submitted to the press.	Mary Mills Home Economist/Dietitian Family Services of Hamilton-Wentworth 350 King Street East Suite 201 Hamilton, Ontario L8N 5X3 523-5640
MENTAL HEALTH/HAMILTON C.A.R.E. Centre	A drop-in centre for ex-psychiatric patients, eighteen years of age and older.	N/A	Living Skills - Thursday AM. This program teaches living skills such as, basic cooking skills, menu planning, budget shopping, kitchen hygiene and preparing a meal. Recipes are distributed. General nutrition information is provided. Public Health Nurse - Wednesday AM. A public health nurse is available to help clients in areas of personal hygiene, nutrition, sexually transmitted diseases, smoking, etc.	Annette Wilkins Community Liaison Co-ordinator C.A.R.E. Centre 12 Victoria Avenue North Hamilton, Ontario L8L 5E1 529-9933

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO HEART FOUNDATION	A non-profit, voluntary organization composed of medical and lay people dedicated to the sponsorship of heart research and education. The aims are to provide public education in nutrition and cardiovascular health and to promote research on reducing the risk of cardiovascular disease.	N/A	Literature on heart health, healthy eating, weight reduction and fitness is available upon request. Nutritionists are available for some speaking engagements.	Charlotte Freeman Hamilton-Wentworth Co-ordinator Ontario Heart Foundation 719 Main Street West Hamilton, Ontario L8S 1A3 522-3838 Monday to Friday 9:00 AM - 5:00 PM
ST. MATTHEW'S HOUSE	A neighbourhood centre that attempts to meet the needs of the economically and socially disadvantaged by providing assistance and support through a variety of services and programs.	N/A	Home management program includes basic life skills such as, budget shopping, meal planning and preparation. One-to-one counselling. Group counselling. Home visits.	Joanne McLean Social Services Co-ordinator St. Matthew's House 414 Barton Street East Hamilton, Ontario L8L 2Y3 523-5546

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
Y.W.C.A. Health Promotion Centre	This service emphasizes the avoidance of disease and the achievement of the highest level of health possible for each individual. It is open to anyone who wants to be as healthy as possible and to stay that way.	$2.00 per person	Assistance and support in planning for, and undergoing changes necessary to improve the level of health. Individualized assessment of lifestyle in such areas as nutrition, exercise, stress and drug use is provided. Pamphlets and reading materials about health are available.	Donna Ciliska, R.N., M.Sc.N. Y.W.C.A. 75 MacNab Street South Hamilton, Ontario L8P 3C1 528-8121 Wednesdays 2:00 PM - 8:00 PM

*NOTE: Price of service is subject to change.

II PRENATAL EDUCATION & FAMILY PLANNING SERVICES

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
THE REGIONAL MUNICIPALITY OF HAMILTON-WENTWORTH DEPARTMENT OF HEALTH SERVICES Prenatal and Childbirth Education Programs	The Nursing Division of the Department of Health Services offers prenatal education programs to assist in the preparation of expectant couples or individuals of pregnancy, childbirth, and in adjusting to the parenting role.	Early Pregnancy Classes: $15.00/couple Childbirth and Parent Education Classes: $43.00/couple	Prenatal nutrition is an integral component of the following programs: 1. Early Prenatal Classes: These classes address areas of concern that are important to mothers and partners early in the pregnancy, or for those who are planning a pregnancy. 2. Childbirth Education Classes Participants will develop an understanding of Lamaze preparation for childbirth. 3. Refresher Classes: May be arranged as required. Each request is assessed on an individual basis. 4. Classes for the Single Mother: There is no fee.	For further information, locations, dates and registration, call: Prenatal Co-ordinator Nursing Division Department of Health Services The Regional Municipality of Hamilton-Wentworth 74 Hughson Street South Hamilton, Ontario L8N 2A8 528-1441 Ext. 276

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
LA LECHE LEAGUE	A voluntary, non-profit, organization concerned with providing information and support to breastfeeding women.	Regular Membership: $15.00/year Support Membership: $25.00/year Membership includes a year's subscription to the bi-monthly La Leche League newsletter.	Literature on breastfeeding, childbirth, child care, introduction to solids, avoidance of allergies, and nutrition in general, is available. Public speaking is provided for prenatal groups and family education classes in high schools.	La Leche League c/o 40 Golden Orchard Hamilton, Ontario L9C 6J5 385-6500
MOHAWK COLLEGE OF APPLIED ARTS AND TECHNOLOGY, CONTINUING EDUCATION Pregnancy, Birth, and the New Family - classes	Prenatal classes are offered by the Faculty of Continuing Education at Mohawk College. Prenatal classes help parents to prepare for birth and the responsibilities for early parenting. Services include: Early pregnancy classes, preparation for childbirth and the immediate postpartum, refresher classes, pre and post-natal classes and new parent series.	Prices vary with each program.	Nutrition is among the variety of topics covered in the integrated prenatal education program.	For information and general inquiries, call: Jill Bialy Program Manager Prenatal Chedoke Campus Room C213A P.O. Box 2034 Hamilton, Ontario L8N 3T2 389-4461 Ext. 594

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
PLANNED PARENTHOOD CENTRE	An agency that instructs and provides services to women in all methods of family planning.	O.H.I.P.	Group Information Classes - Nutrition and health habits as they specifically pertain to the clients, are discussed. One-to-one counselling on contraceptive methods, pregnancy tests, nutrition and birth planning is available. Literature is provided and assistance with school projects is offered to students. Speakers are also available for schools and other groups.	Mrs. Mabel Burns, Director Planned Parenthood Centre 4 Catherine Street North Hamilton, Ontario L8R 1H8 528-3009 M,T,W - 9:00 to 4:30 Thursday - 9:00 to 9:00 Friday - 9:00 to 6:00
ST. MARTIN'S MANOR	An agency providing residential care for unwed mothers.	$22.75 per day, payable on a monthly basis.	Prenatal and postnatal classes are held weekly. Participants are taught proper eating habits, meal planning and preparation and needs during pregnancy; changes occurring in the mother and fetal development. Individual and group counselling is provided.	Sister M. Catherine Supervisor of Maternity Services St. Martin's Manor 500 Mohawk Road West Hamilton, Ontario L9C 1X4 389-7411

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
THE REGIONAL MUNICIPALITY OF HAMILTON-WENTWORTH DEPARTMENT OF HEALTH SERVICES Birth Control Clinic 13 Lake Avenue South (main flr.) Stoney Creek, Ontario L8G 2V1 664-2554	Sexuality counselling, birth control, pregnancy testing, nutrition and health counselling pertinent to clients are provided by public health nurses and a community physician. The clinic is open to women and men of all ages. Clinic Hours: Monday & Thursday: 3:30 - 7:00 PM	N/A	Counselling and literature on general nutrition and nutrition and birth control is provided.	Mrs. Ruta Valaitis Nursing Supervisor Department of Health Services The Regional Municipality of Hamilton-Wentworth 74 Hughson Street South Hamilton, Ontario L8N 2A8 528-1441 Ext. 236

III CHILDHOOD EDUCATION PROGRAMS

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
HAMILTON BOARD OF EDUCATION Hamilton Elementary Lunch Program (H.E.L.P.)	A non-profit, parent-sponsored lunch hour program whose aim is to provide quality care for elementary school children during lunchtime.	Fees are set and collected by the parent group (ranging from $10.00 - $15.00 per student per month)	Nutrition activities are incorporated into the lunch hour program. Some activities include: "Food is Fun Day" "Muffin Day" "A Soup Day" Children are taught the four food groups, how to shop for food with parents, how to plan a balanced meal, etc.	Thalia Smith, Co-ordinator H.E.L.P. c/o Hamilton Board of Education 100 Main Street West Hamilton, Ontario L8N 3L1 527-5092

*NOTE: Price of service is subject to change.

IV SERVICES TO SENIOR CITIZENS

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
ST. JOSEPH'S VILLA	A 365-bed home for the elderly whose aim is to provide quality health care.	Cost depends on the ability of the individual to pay. Assistance is provided for those individuals who qualify.	One-to-one diet counselling and meal preparation for residents are provided. Cooking classes are held once a week along with other recreational activities.	Dietary Supervisor St. Joseph's Villa 56 Governor's Road Dundas, Ontario L9H 5G7 627-3541
ST. PETER'S DAY THERAPY CENTRE	An agency whose role is to offer community support to senior citizens and their families in dealing with physical, psychological and related social problems. Attempts are made to assist clients to achieve and maintain degree of independence to which they aspire and of which they are capable within the limits of available resources.	$4.00 per day - payable at the end of each month.	Group nutrition counselling is provided as the clients' needs indicate. Counselling sessions generally focus on "meal planning for one".	Sue McClellan, R.N. Clinical Supervisor St. Peter's Centre 88 Maplewood Avenue Hamilton, Ontario L8M 1W9 549-6525 Ext. 294

*NOTE: Price of service is subject to change.

V HOME VISITING SERVICES

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HAMILTON-WENTWORTH HOME CARE PROGRAM	A medically directed, co-ordinated health plan for selected patients in their homes. The program provides professional multidisciplinary treatment in the familiar home setting, to facilitate early discharge from hospital, and to delay or prevent admission to other institutions such as nursing homes and homes for the aged.	O.H.I.P.	Individual therapeutic diet counselling. Consultation with Home Care staff. In-service nutrition education to Home Care and provider agency staff on various topics in nutrition with focus on rationale for diet therapy, general guidelines for standard use, and criteria for monitoring compliance and when to initiate direct involvement of the nutritionist.	Nancy Smith, R.P.Dt. Nutritionist Home Care Program 447 Main Street East Hamilton, Ontario L8N 1K1 523-8600 Ext. 119

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
MACASSA LODGE - OUTREACH PROGRAM Meals-On-Wheels Diner's Club	An agency providing nutritious meals to seniors who are unable to cook and prepare meals for themselves. Area serviced: Hamilton Mountain	$2.25 per meal. Cost of meal is reduced when necessary.	Meals-On-Wheels A hot full course meal is delivered daily at noon hour by volunteers. Diabetic, bland or regular meals are provided. Diner's Club Hot noon hour meals are provided for seniors at the lodge. Individuals must provide their own transportation to the lodge.	Melanie Scandlan Co-ordinator of Meals-On-Wheels Macassa Lodge 701 Upper Sherman Avenue Hamilton, Ontario L8V 3M7 385-6813
RED CROSS HOMEMAKER SERVICE	A non-profit organization providing trained, supervised and uniformed help in the home for the sick, the elderly, families with dependent children and others who require help.	There are a number of ways in which the cost of the services is met, depending on the financial circumstances of the individual or family.	Assistance in meal preparation, grocery shopping and food budgeting is provided through home visits. A live-in service is also provided.	Margaret Gumbert Homemakers' Supervisor Canadian Red Cross 33 King Street East Dundas, Ontario L9H 5R1 628-2552

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
ST. PETER'S CENTRE Meals-On-Wheels	A community service administered by the Victorian Order of Nurses. Area serviced: Hamilton (below the mountain), Stoney Creek.	The maximum cost to the individual is $2.25 per meal. Fees are reduced when necessary.	A full course hot meal is delivered to the applicant's home at noon hour, Monday to Friday (including holidays). Special diets, including diabetic, are available. Dietitian does home visits if necessary. Diet counselling - over the telephone.	Margaret Cummings Administrator St. Peter's Centre 88 Maplewood Avenue Hamilton, Ontario L8M 1W9 549-4492 549-4167 (weekends and holidays)
UPJOHN HEALTHCARE SERVICES	A community oriented health care provider agency aimed at providing quality care in the home environment and to maintain maximum independence in the home.	Billing rates are arranged in confidence between the office and the person to be billed. Upjohn Healthcare Services will bill on a weekly basis.	Nursing aides and homemakers provide home management services, meal preparation, food shopping and other activities of daily living.	Linda Dayler, R.N. Nursing Supervisor Upjohn Healthcare Services 135 James Street South Suite 808 Hamilton, Ontario L8P 2Z6 525-8504

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
VISITING HOMEMAKERS' ASSOCIATION OF HAMILTON-WENTWORTH	A member agency of the United Way whose aim is to help individuals and families remain in their own homes and function independently.	There are a number of ways in which the cost of the services is met, depending on the financial circumstances of the individual or family.	Basic tasks provided by the homemakers include: Preparation of meals or special diets for period homemaker is in the home. Preparation of shopping lists to ensure adequate food supply, shopping and delivery of essential food items. Assistance in other normal daily activities of living.	Mrs. A.D. Cambridge Executive Director The Visiting Homemakers' Association of Hamilton-Wentworth 125 Wellington Street South Hamilton, Ontario L8N 2R3 528-7078
WENTWORTH LODGE Meals-On-Wheels	A non-profit community service which services nutritious meals to those who are unable to prepare their own meals. Area serviced: Dundas	The maximum cost to the individual is $2.00 per meal.	The full course hot meal is delivered to the applicant's home at noon hour, Monday to Friday (including holidays).	Mrs. Heaslip, Supervisor Wentworth Lodge 41 South Street Dundas, Ontario L9H 4C4 628-8835

*NOTE: Price of service is subject to change.

General and specific nutrition or related references and audiovisual materials are available from agencies listed in this section.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
THE REGIONAL MUNICIPALITY OF HAMILTON-WENTWORTH DEPARTMENT OF HEALTH SERVICES Nutrition Resource Centre	A resource centre providing reliable nutrition information to health professionals, teachers and consumers.	No cost.	Resource lists, teaching kits, teaching aids, publications, posters, pamphlets and audiovisuals are available to health professionals, teachers and community agencies. Pamphlets are available to consumers. Requests in writing are necessary to facilitate the smooth operation of the service. The loan period for a film, audiovisual and/or teaching kit is three days. A Nutrition Resource Centre Catalogue is available to health professionals upon request.	Lorraine Caughell Ext. 261 Nutrition Services (audiovisuals and teaching kits) Elaine McDonagh Ext. 244 Nutrition Services (pamphlets and publications) Department of Health Services The Regional Municipality of Hamilton-Wentworth 74 Hughson Street South Hamilton, Ontario L8N 2A8 528-1441

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HAMILTON PUBLIC LIBRARIES	A community service whose purpose is to fulfill the public's information needs, whether for business, education or recreation, through a variety of services and materials.	No cost. Most book(s) may be borrowed for 3 weeks and renewed thereafter if the item(s) is not in demand. *Reference books and periodicals are available for review in the library only.	Most of the resources relating to diet and nutrition are located in the Business, Science and Technology Department of the Central Public Library. Nutrition films are also available. Bulletin board displays are featured during Nutrition Month.	April Windus Health Science Librarian Central Public Library Business, Science and Technology Department 55 York Boulevard Hamilton, Ontario L8R 3K1 529-8111 Ext. 300

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
MCMASTER UNIVERSITY Health Sciences Library	A library providing access to knowledge on a vast scale, principally for pursuit of studies and research among students and faculty. Adult members of the community are welcome to consult the library's collection and use its services.	No cost. Borrowing privileges are restricted to students and staff of the University. In special cases, a courtesy card may be issued from the main library.	Specific nutrition books, journals, file and audiovisual materials are available for student, professional and public use. Pamphlets on nutrition and related topics are available for public distribution.	For information on location of specific nutrition references, consult: Reference Librarian 525-9140 Ext. 2327 For information on audiovisual materials, call: 525-9140 Ext. 2324 Health Science Library McMaster University Medical Centre 1200 Main Street West Hamilton, Ontario L8S 2K1

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
MOHAWK COLLEGE OF APPLIED ARTS & TECHNOLOGY Library Resource Centre	A library providing information and materials to students and staff and, where possible, to the general public.	No cost, but where loans of material are involved, proof of name and address are essential.	Specific nutrition reference books and journals are available for student, professional and public use.	Sandra Black Chief Librarian Library Resource Centre Fennell Campus Mohawk College of Applied Arts & Technology Fennell Avenue and West 5th Street P.O. Box 2034 Hamilton, Ontario L8N 3T2 Reference and Circulation 575-2077 Sandra Black 575-2079

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
CHEDOKE-MCMASTER HOSPITALS Nutrition Services	A 756-bed teaching hospital affiliated with the Faculty of Health Sciences, McMaster University.	Insured services provided at no cost. Program may be purchased. Fee for service programs.	One-to-one and group out-patient diet counselling. Patients are seen for one-to-one counselling on physician referral only. Nutrition education for staff/ students. Nutrition consultation is provided for community agencies and industry upon request.	Karen Chelswick Manager - Clinical Nutrition Services Mailing Address: P.O. Box 2000, Station "A" Hamilton, Ontario L8M 3Z5 521-2100
HAMILTON GENERAL HOSPITAL Food and Nutrition Services	A 415-bed general hospital providing comprehensive health care.	O.H.I.P.	One-to-one therapeutic diet counselling by physician referral. Out-patient group counselling includes diabetic and weight reduction diet counselling. In-service education.	Anna Coleman, R.P.Dt. Chief Clinical Dietitian Food and Nutrition Services Hamilton General Hospital 237 Barton Street East Hamilton, Ontario L8L 2Y2 527-0271 Ext. 216

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HAMILTON PSYCHIATRIC HOSPITAL Food Services	A 360-bed psychiatric hospital providing tertiary care, mainly for registered in-patients and out-patients of the Hamilton Psychiatric Hospital.	O.H.I.P. disability pension	One-to-one nutrition counselling. Group nutrition counselling. Speaking engagements - community mental health groups. In-service education.	Lisa Innes, R.P.Dt. Assistant Food Service Administrator Hamilton Psychiatric Hospital Mailing Address: P.O. Box 585 Hamilton, Ontario L8N 3K7 388-2511 Ext. 214
HENDERSON GENERAL HOSPITAL Dietary Services	A 650-bed general hospital providing comprehensive health care.	O.H.I.P.	Out-patient therapeutic/nutrition counselling on a one-to-one basis. Physician referral required. Diabetic classes for out-patients. New mothers (in-patients) held every Wednesday. TPN provided. Weight reducing diets are provided for out-patients with no follow-up.	Gail Bukata Senior Therapeutic Dietitian Dietary Services Henderson General Hospital 711 Concession Street East Hamilton, Ontario L8V 1C3 389-4411 Ext. 561

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ST. JOSEPH'S HOSPITAL Nutrition Services	A 585-bed general hospital providing acute/general health care.	O.H.I.P.	Therapeutic/nutrition counselling on a one-to-one basis. Physician referral required. Group therapeutic counselling, eg. diabetic, weight reduction. In-service education.	Joyce Gilmour Manager & Co-ordinator of Nutrition Services St. Joseph's Hospital 50 Charlton Street Hamilton, Ontario L8N 1Y4 522-4941 Ext. 453
ST. PETER'S CENTRE Food Services Department	A health care facility that provides specialized care and treatment to the chronically ill and geriatric patient suffering from functional disabilities.	O.H.I.P. and extra billing. Disability pension. Old Age Pension. Social Assistance.	One-to-one therapeutic/nutrition counselling. Admission and review conferences completed on all in-patients. Group presentations to families of patients. In-service education. Day Therapy Centre (counselling on demand).	Valerie Aylward, R.P.Dt. Manager, Food Services St. Peter's Centre 88 Maplewood Avenue Hamilton, Ontario L8M 1W9 549-6525 Ext. 291

Specific product information is available from most food manufacturers and marketers. Some provide useful educational services and resources.

NOTE: Inclusion in this directory does not imply endorsement of the product or the company's information. Some food service companies also provide nutrition education programs to complement their food services. Several of the major store chains have established consumer information services.

I FOOD INDUSTRY

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
CANADIAN CANNERS LTD. - AYLMER DEL MONTE	A food products company whose aim is to promote Alymer Del Monte products.	N/A	Answers inquiries from consumers and others by mail or telephone.	Mr. Benjamin R. Custodio Manager Marketing Services Head Office 44 Hughson Street South Hamilton, Ontario L8N 2A7 522-2441
E.D. SMITH AND SONS LTD. Consumer Service Department	A department within E.D. Smith whose aim is to provide useful and accurate information on products, recipes and general nutrition to the public.	N/A	Handles nutrition-related questions with regard to E.D. Smith products. Provides publications on special diets (eg. diabetic, low sodium recipes featuring E.D. Smith products, etc.), upon request. Produces calorie-reduced and carbohydrate-reduced fruit spreads and dietetic peanut butter (no salt added).	Elaine Kerr Duffy Home Economist Consumer Service Department E.D. Smith and Sons Ltd. Winona, Ontario 643-1211

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
GENERAL FOODS INC. Kitchens/Consumer Response Centre	A department within General Foods which assists consumers by answering their inquiries regarding product information, recipes and nutrition.	N/A	Product information (preparation, availability) is available. Distributes nutrition information and publications (general, product composition, caloric values, allergy information), upon request. Distributes recipe and nutrition booklets upon request. Complaint handling.	Re: General Inquiries Consumer Response Centre P.O. Box 1200 Don Mills, Ontario M3C 3J5 (416) 441-4112 Re: Nutrition Inquiries Marilyn Small, Manager Nutrition and Technical Services General Foods Kitchen (416) 441-5112
GROCERY PRODUCTS MANUFACTURERS OF CANADA Technical Services	The GPMC represents 140 Canadian food manufacturers. The technical service deals with quality, safety and labelling issues relating to grocery products with particular reference to nutrition. Industry concerns are discussed with government, professional associations and media, etc.	N/A	Media interviews. GPMC produces publications (costed) on important issues which impact broadly on the food manufacturing industry. Public speaking primarily to national groups.	Marilyn Knox Vice President Technical G.P.M.C. 1185 Eglinton Avenue East Suite 101 Don Mills, Ontario M3C 3C6 (416) 429-4444

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
H.J. HEINZ OF CANADA LTD. Nutrition Division	A department within H.J. Heinz whose aims are to produce the nutritionally best baby food; to provide accurate nutrition information to health professionals and the general public; and to research the areas of infant and preschool nutrition.	N/A	Answers nutritional inquiries regarding Heinz products. Provides literature, kits and teaching aids on infant nutrition and feeding, and Heinz products to consumers and health professionals. Lectures and public speaking on infant nutrition. Sponsor nutrition updates for professionals.	Dr. David L. Yeung Nutritionist H.J. Heinz Co. of Canada Ltd. 250 Bloor Street East Toronto, Ontario M4W 1G1 963-6857 964-7057

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
KELLOGG-SALADA CANADA INC. Nutrition Communications Scientific and Consumer Affairs	A department within Kellogg-Salada which is responsible for all aspects of nutrition education, information and promotion for the company. A wide variety of nutrition information programs are available to consumers, educational and health professionals and media groups.	N/A	Answers inquiries from consumers and others by mail or telephone. Provides recipe booklets, nutrition literature and information on special products and nutrient analysis of products, etc. to consumers and others upon request. Nutrition films, filmstrips, curriculums, games and kits for teachers are available. Special interest areas include breakfast and nutrition of school-age children. Public speaking engagements, press releases. Sponsor professional updates and symposia.	Chris Holondinsky Manager Nutrition Communications Kellogg-Salada Canada Inc. 6700 Finch Avenue West Rexdale, Ontario M9W 5P2 675-5232

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
MEAD JOHNSON, BRISTOL MYERS PHARMACEUTICAL GROUP Medical Section	Manufacturer of infant and adult nutritionals (formula and supplements), pediatric vitamins and pharmaceuticals.	N/A	Provides product information mainly to physicians and dietitians. Lectures, films and health resource materials are available.	M.J. Burnett, Director Product Development Bristol Myers Pharmaceutical Group P.O. Box 6313 Station "J" 411 Roosevelt Avenue Ottawa, Ontario K2A 3X9
ROSS LABORATORIES Nutritional Services	A department within Ross Laboratories, maintaining liaison with health professionals to provide information on infant and clinical nutrition.	N/A	Nutrition information on various aspects on infant nutrition and clinical nutrition: formula preparation, breastfeeding, enteral nutrition, nutritional support of the cancer patient, the elderly, the surgical patient. Product information: Monographs, clinical research, recipes, composition. Material: booklets, films, slide-cassette programmes Other service: lecture, public speaking	Suzanne Hendricks, Manager Nutritional Services Ross Laboratories Division of Abbott Laboratories 5400 Cote de Liesse Montreal, Quebec M4P 1A5 (514) 347-6244 Ext. 3327

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
WYETH LTD. Government Services	A pharmaceutical-formula company whose aim is to ensure their products are properly understood and used by health professionals.	N/A	Provides health professionals with: - product information - booklets on infant feeding for the public - answers to issues re infant formulas - films on infant feeding	Mary Ecclestone Product Manager for Infant Nutritionals Government Services 4455 Chesswood Drive Downsview, Ontario M3J 2C2 (416) 630-0280

II MARKETING BOARDS

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
APPLE MARKETING COMMISSION	A marketing agency to promote apples.	N/A	Dispenses information on apples as requested.	Apple Marketing Commission 1454 Dundas Street East Suite 123 Mississauga, Ontario L4X 1L4 275-4525
ASPARAGUS GROWERS' MARKETING BOARD	A marketing agency to promote asparagus.	N/A	Recipe pamphlets. Information service.	Asparagus Growers' Marketing Board 504 Newbold Street London, Ontario N6E 1K6 (519) 681-6010
BEAN PRODUCERS' MARKETING BOARD	A marketing agency to promote beans.	N/A	Recipe pamphlets with nutrition information.	Bean Producers' Marketing Board 1112 Dearness Drive London, Ontario N6E 1N9 (519) 581-1720

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
CHICKEN PRODUCERS' MARKETING BOARD	A marketing agency that promotes chicken and chicken products.	N/A	Speaking engagements. Cooking demonstrations. Answers consumer requests. Recipe pamphlets are available. A teaching kit for secondary school teachers is available upon request.	Lorna Marten-Lanzo Home Economist Unit 15 3525 Mainway Burlington, Ontario L7R 3Y8 (416) 335-4496
DAIRY BUREAU OF CANADA Nutrition Division	A national marketing agency that promotes increased consumption of dairy products among Canadians. Emphasizes that dairy products are essential to health.	N/A	Responds to consumer and professional inquiries on dairy products and nutrition by telephone or mail. Provides free quarterly publication, "Nutrition Quarterly", to professionals. Distributes publications, posters, and teaching aids on nutrition and dairy products. Price list/order form and catalogue available upon request.	Patricia McClinton Nutritionist Dairy Bureau of Canada 20 Holly Street Suite 400 Toronto, Ontario M4S 3B1 (416) 485-4453

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
FRESH GRAPE GROWERS' MARKETING BOARD	An agency promoting Ontario fresh grapes.	N/A	Recipe pamphlets. Answers consumer requests.	Fresh Grape Growers' Marketing Board Box 100 Vineland Station L0R 2E0 (416) 688-0990
FRESH POTATO GROWERS' MARKETING BOARD	A marketing agency promoting fresh potatoes.	N/A	Recipe pamphlets. Answers consumer questions.	Fresh Potato Growers' Marketing Board 1463 Ontario Street Burlington, Ontario L7S 1G6 (416) 637-5609
GRAPE GROWERS' MARKETING BOARD	A marketing agency promoting Ontario grapes and grape products.	N/A	Recipe pamphlets. Answers consumer requests.	Grape Growers' Marketing Board Box 100 Vineland Station L0R 2E0 (416) 688-0990

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
GREENHOUSE VEGETABLE PRODUCERS' MARKETING BOARD	A marketing agency promoting Ontario greenhouse vegetables.	N/A	Recipe pamphlets with a little nutrition information. Answers consumer requests.	Greenhouse Vegetable Producers' Marketing Board Box 417 Leamington, Ontario N8H 3W5 (519) 326-2608
ONTARIO EGG MARKETING BOARD	A marketing agency promoting eggs.	N/A	Current cholesterol file available for use. Answers individual requests for information, speaking engagements, nutrition publications, recipes, etc. Education kit for secondary school teachers is available. A nutrition study kit for teachers of grades K-3 is available. Teacher workshops are available for K-3. Film lending service.	Judy Welden Home Economist 5799 Yonge Street Willowdale, Ontario M2M 3V3 (416) 223-5330

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
ONTARIO MILK MARKETING BOARD Nutrition Communications Department	A department within the marketing board that provides a series of 3-hour workshops for teachers and health professionals across Ontario. Five nutrition workshops are currently available. "Good Beginnings" - Preschool "Big Ideas" - K-3 "Big Ideas" - Grades 4-6 "Energetics" - Grades 7-10 "Health Professionals Workshop"	Workshops and accompanying resource materials are free of charge.	Provides information on the nutritional value of milk as well as general nutrition information upon request. Offers four workshops including all necessary background information, resource materials and learning activities required for teachers. A health professionals workshop is now available. It offers fundamental nutrition information, activity ideas and fact-sheets on key nutrition issues to health professionals.	Ilona Horgen Nutrition Education Co-ordinator 6780 Campobello Road Mississauga, Ontario L8N 2L8 (416) 821-8970
PORK PRODUCERS' MARKETING BOARD	A marketing agency promoting pork.	N/A	Answers consumer requests. Recipe pamphlets. Pork and nutrition booklet and education kit for secondary school teachers are available. Speaking and cooking demonstrations. Film lending service.	Karen Campbell Home Economist 15 Waulron Etobicoke, Ontario M9C 1B4 (416) 621-1874

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
POTATO GROWERS' MARKETING BOARD	A marketing agency promoting potatoes and potato products.	N/A	Recipe pamphlets. Answers consumer questions.	Potato Growers' Marketing Board 1463 Ontario Street Burlington, Ontario L7S 1G6 (416) 637-5609
RUTABAGA PRODUCERS' MARKETING BOARD	A marketing agency promoting rutabaga (turnip).	N/A	Recipe pamphlets with a little nutrition information. Answers requests for information.	Rutabaga Producers' Marketing Board Box 328 Lucan, Ontario N0M 2J0 (519) 227-1220
SOYA-BEAN GROWERS' MARKETING BOARD	A marketing agency promoting soya-beans.	N/A	Recipe booklets with nutrition information are available upon request. Answers consumer requests.	Soya-Bean Growers' Marketing Board Box 1199 Chatham, Ontario N7M 5L8 (519) 352-7730

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
TENDER FRUIT PRODUCERS' MARKETING BOARD	A marketing agency promoting tender fruit, eg. peaches, plums, nectarines.	N/A	Recipes. Answers consumer requests.	Tender Fruit Producers' Marketing Board Box 100 Vineland Station, Ontario L0R 2E0 (416) 688-0990
TURKEY PRODUCERS' MARKETING BOARD	A marketing board promoting turkey.	N/A	Recipe collection is available. Education kit for institutional use. Resource kit for teachers. Answers requests for information, cooking demonstrations and speaking engagements.	Lois Arnold Home Economist 1400 Bishop Street Cambridge, Ontario N1R 6W8 (519) 621-2110
VEGETABLE GROWERS' MARKETING BOARD (Processing)	A marketing agency promoting processed vegetables.	N/A	Recipe booklets with nutrition information. Answers consumer requests.	Vegetable Growers' Marketing Board (Processing) 502 Newbold Street London, Ontario N6E 1K6 (519) 681-1875

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
WHEAT PRODUCERS' MARKETING BOARD	A marketing agency promoting Ontario soft wheat.	N/A	Educational fact sheet on whole wheat kernel. Recipe booklet. Answers consumer requests.	Wheat Producers' Marketing Board 880 Richmond Street Chatham, Ontario N7M 5K8 (519) 354-4430

III FOOD SERVICE MANAGEMENT

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
BEAVER FOOD SERVICES MANAGEMENT	A food service company whose aim is to help clients make wise food selections when eating away from home, at school or at work.	N/A	In addition to provision of a food catering service, Beaver Foods has established nutrition awareness programs to compliment their food services: 1. Elementary and High Schools - "Four Plus Program" 2. Universities and Colleges - "The Good Life" 3. Workplace - "Healthy Eating" Speaking engagements are provided upon request.	Nancy Murray Executive Nutritionist (London Office) Beaver Foods Ltd. 3455 Harvester Road Unit #9 Burlington, Ontario L7N 3P2 632-6225 London Office: (519) 455-9900 Monday - Friday 9:00 AM to 5:00 PM

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GOVERNMENT DOCUMENTS

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
NU MARK FOOD SERVICES LTD.	A food service management company whose aim is to serve nutritious food to customers away from home.	N/A	A nutrition information program is implemented in the school cafeterias for the purpose of increasing awareness of importance of nutrition and physical activity. Nutrition information is transmitted via displays, laminated posters, pamphlets and various activities.	Mr. Helmut Klenker General Manager Nu Mark Food Services Ltd. 218 McCraney Street West Oakville, Ontario L6H 1H7 (416) 844-4097
PARNELL FOODS (1981) LTD.	A food service company whose aim is to serve nutritious food to customers.	N/A	A nutrition education program called "Sunshine Platter" is implemented in school cafeterias for the purpose of helping customers select meals which are best suited to their requirements. The importance of nutrition and awareness of sound eating habits play a big role in the overall program. The program can be broken down into 4 main parts: 1. merchandising 2. menu planning 3. student education and involvement 4. training and development of Parnell staff	Mr. Richard Mayne Vice-President of Sales Parnell Foods (1981) Ltd. 450 South Service Rd.W. Oakville, Ontario L6K 2H4 (416) 842-4910

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
VERSA SERVICES	A food service company with an aim to provide well prepared food to their customers.	N/A	The following educational programs are provided to complement food services: In schools - "Rainbow Program" In workplace - "Physfood Program" Answers inquiries.	Kay Bettington Executive Dietitian VS Services Islington & Evans Box 950, Station "U" Toronto, Ontario M8Z 5Y7 (416) 255-1331

IV FOOD/GROCERY STORES

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
A. & P.	A grocery store chain with a consumer affairs department.	N/A	Answers consumer inquiries. Pamphlets are available on basic nutrition, shopping strategies and consumerism. Group talks.	Jennifer Jones Home Economist 5559 Dundas Street West Islington, Ontario 239-7171
DOMINION STORES LTD. Home Economist	A grocery store chain with consumer services as its aim.	There is a $50.00 charge for evening talks only.	Answers general consumer requests on food preparation, storage, menu planning, availability, quantities, diet, budgets, economy and basic nutrition. Food demonstrations and group presentations are provided for groups over 30. Nutrition and recipe pamphlets are available. Calorie-reduced products are available at all Dominion Stores.	Penelope Hill Home Economist Dominion Stores Ltd. LimeRidge Mall 999 Upper Wentworth Street Hamilton, Ontario L9A 4X5 383-0978 (answering service is available)

*NOTE: Price of service is subject to change.

F COMMERCIAL ORGANIZATIONS, Cont'd.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
THE BARN FRUIT MARKETS Consumer Information Centre	An area within The Barn whose aim is to educate the consumer with regards to food and nutrition.	N/A	Answers general consumer inquiries by telephone and during in-store visits on the selection, storage and preparation of fruits and vegetables including exotics; food preservation and nutrition. Distributes recipe and information pamphlets at each store location. Group talks and in-store tours are available upon request. In-store demonstrations and product sampling are provided.	Teresa Makarawicz Home Economist The Barn Fruit Markets 70 Hess Street North Hamilton, Ontario L8R 3L3 529-3550/3551 Monday - Friday 8:00 AM to 4:30 PM

G WEIGHT CONTROL SERVICES

These programs are recommended because they have a safe and sensible approach to weight control.

I COMMERCIAL WEIGHT CONTROL SERVICES

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
CANADIAN CALORIE COUNTERS	A non-profit Canadian organization open to men, women and youth. It is designed to help individuals reduce excess weight through group therapy and sound nutrition.	$20.00 Yearly Membership Fee.	Meetings are held once a week with weigh-ins and discussion of proper eating habits according to Canada's Food Guide. All members are expected to attend these weekly meetings. The best "weight losers" are honoured at district conventions held every spring. No regular exercise plan is followed; however, members are encouraged to be more active.	For information and service locations, contact: Mrs. Anderson Office Manager Head Office 80 Burris Street Hamilton, Ontario L8M 2J5 522-0642
COUNTERWEIGHT	A group program based on Canada's Food Guide called "Slim Forever", is open to men, women and youth. It is a program of lifetime weight control "emphasizing a sensible and nutritious food plan combined with newly acquired positive eating habits and simple toning exercises". The main goals of the program are to help individuals to reach their ideal weight and to change their lifestyle permanently.	Registration fee plus first week lecture fee: $12.00 Lecture fee: $ 5.00/week Visitors are welcome.	Classes are held 4 times/week. Members must attend one lecture/ week and are weighed in once/ week. Low calorie gourmet recipes, prepared by Counterweight, are distributed. Recipes include exchanges for diabetics. Toning program and food program are offered. The food program is based on The Canadian Family Meal Plan.	For information and service locations, contact: Ainslie Hannah Head Office 437 Concession Street Hamilton, Ontario L9A 1C1 835-3224 Office Hours: Monday - Friday 9:00 AM to 5:00 PM

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
RIGHT WAY WEIGHT CONTROL LTD.	A group program open to men, women and youth. The main goal of the program is to help individuals lose weight and maintain their weight at a desirable level.	Registration and class: $12.00 Weekly: $ 5.00 SENIOR CITIZENS AND STUDENTS Registration: $ 7.00 Weekly: $ 3.00 Payment of total fees is required per week.	Weekly meetings with weigh-ins, goal setting and discussion to follow. Food diaries are kept. Participants are advised to get a medical check-up and routine follow-up check-ups while losing weight on the program. A food guide is offered which is based on Canada's Food Guide. Members who reach their desired weight goal are encouraged to attend meetings once a month to help them maintain their weight.	For information and service locations, contact: Bob Lyon 544-9846 OR Joan Parker 634-8175 Main Office 496 Scarlett Crescent Burlington, Ontario L7L 5M2

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
WEIGHT WATCHERS INTERNATIONAL	A program emphasizing diet and exercise is designed for men, women and teens whose weight losses range from 10 lbs. to more than 200 lbs. It is based on creating good eating habits using foods available in the market and according to sound nutrition. The main goals of the program are to help individuals lose weight while providing proper nutritional balance and to help them learn how to stay slim for a lifetime.	ADULTS Registration fee: $18.00 Weekly fee: $ 7.00 SENIORS/STUDENTS Registration fee: $ 9.00 Weekly fee: $ 4.00 Payment of total fees is required per week upon joining. Guests are permitted to attend only on special occasions when announced in advance.	Weekly meetings with private weighing, goal setting and discussion to follow. Individualized food plans are decided upon for proper choices of food. Food diaries are kept. An exercise plan is introduced and a personal action plan is designed to help members change their eating behaviour in very positive ways.	Mrs. Joan Appleton Area Supervisor c/o 5-265 Barton St.E. (at Greens Road) Stoney Creek, Ontario L8E 2K4 Toll Free 1-800-268-3915

*NOTE: Price of service is subject to change.

II HOSPITAL WEIGHT CONTROL SERVICES

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
CHEDOKE-McMASTER HOSPITALS Less-On For Life	An individualized group approach called "Less-On For Life". This program is open to men, women and youth who require treatment for uncomplicated weight loss and who have been referred by a physician. It teaches clients to become responsible for their own weight loss by helping them improve their eating habits to result in life-style changes.	$100.00	Ten 2-hour classes in 10 weeks. Weigh-ins every 5 weeks following the completion of the classes. Counselling includes: weigh-ins, goal setting, designing meal plans, reshaping eating habits, exercise routine, shopping tips. Clients are requested to display weight loss and/or food habit changes in order to return for future weigh-ins. Maximum of 15 patients per class. New classes once per month.	Mrs. Lesley Scharf, R.P.Dt. Rehabilitation Centre Dept. of Nutrition Services Chedoke Division Chedoke-McMaster Hospitals Sanitorium Road Hamilton, Ontario L8N 3Z5 388-0240 Ext. 274

*NOTE: Price of service is subject to change.

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	COST	NUTRITION SERVICES PROVIDED	CONTACT
HAMILTON GENERAL HOSPITAL Weight Reduction Program	This program is only offered to out-patients by physician referral. Designed to reteach eating habits which will hopefully lead to weight loss.	No cost.	Individual and class counselling. A complete diet history is taken and assessed. A suitable diet is then calculated and the client is taught how to follow it. Revisits for weight checks and questions are encouraged.	Mrs. Anna Coleman, R.P.Dt. Dept. of Food and Nutrition Services Hamilton General Hospital 237 Barton Street East Hamilton, Ontario L8L 2X2 527-0271 Ext. 217
ST. JOSEPH'S HOSPITAL Weight Reduction Program	An individual/group approach open to men, women and youth who have been referred by a physician. It is designed to help clients change their eating habits and keep their weight off.	No cost.	Individual counselling provided once every 4-6 weeks - includes diet history, weigh-ins, keeping of food records. Group discussions conducted once a month on Wednesdays at 1:00 PM.	Mrs. Peggy Agro Clinical Nutritionist Mrs. G. Muldowney Clinical Nutritionist (conducts group discussion) Nutrition Services St. Joseph's Hospital Charlton Entrance Hamilton, Ontario 522-4941 Ext. 7115

III EATING CONTROL CLASSES

NAME OF AGENCY/ORGANIZATION/ GROUP	DESCRIPTION	*COST	NUTRITION SERVICES PROVIDED	CONTACT
THE BEHAVIOURAL MEDICINE UNIT	This is a health education program and not a weight reduction or clinical treatment program. It is designed for adults with eating problems or a general interest in eating behaviour and related matters. The focus is on control of eating rather than weight or energy intake.	Enrollment in this course is limited. Total cost: $750.00 Registration fee: $50.00 will be deducted from the total. Remainder of the fee may be paid in full when classes commence or may be paid in 2 installments.	The course is comprised of 2 main components: Formal lectures - focus on concepts to control eating behaviour, principles of behaviour, nutrition, physical fitness and body image problems. Tutorials - focus on practical applications and problem-solving strategies.	Mrs. Jan Matson Program Manager St. Joseph's Hospital 301 James Street South Hamilton, Ontario L8N 1Y4 522-4941 Ext. 567

*NOTE: Price of service is subject to change.

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